

## Child Support Challenge

The Child Support Team started this year with a new Health and Wellness competition!

The team decided to change from their regular monthly “potlucks” and enter into a “friendly competition”. Each month the team selects five challenges. Then each month each team member competes to perform as many of five selected challenges each week. Each team member keeps track of their own challenges on the bulletin board with “stars”. The team member with the most stars at the end of each month will be eligible for a monthly prize.

The team selected the five challenges listed below for the month of February. A gratitude board displays the team’s weekly accomplishments.

- Walk for 30 minutes
- Drink 64 oz. of water
- Do a stress relieving activity for at least 10 minutes
- Use your stand-up desk for at least 30 minutes
- Write down something you are grateful for

